



SOMERSET COUNTY'S ORIGINAL



www.somersettrailmix.com
www.cdc.gov/vitalsigns/walking/
www.cdc.gov/nccdphp/sgr/ataplan.htm
www.cdc.gov/healthyplaces/healthtopics/physicalactivity.htm

Made possible with funding from the
Centers for Disease Control and Prevention

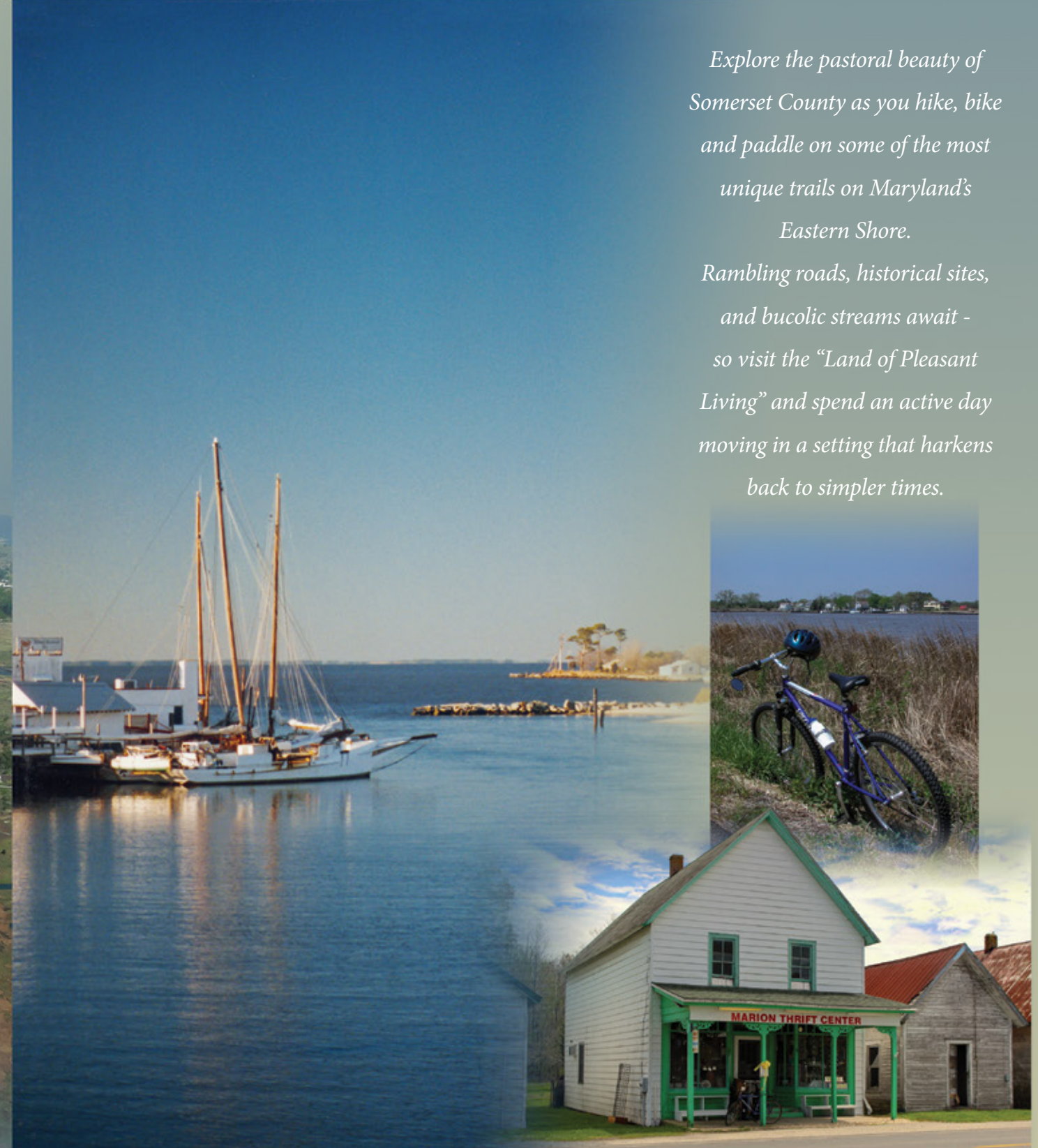


Somerset County Government
30290 Sam Barnes Rd, Westover, MD 21871
www.somersetmd.us
(410) 651-4980

HIKE
BIKE
KAYAK
EXPLORE

*Explore the pastoral beauty of
Somerset County as you hike, bike
and paddle on some of the most
unique trails on Maryland's
Eastern Shore.*

*Rambling roads, historical sites,
and bucolic streams await -
so visit the "Land of Pleasant
Living" and spend an active day
moving in a setting that harkens
back to simpler times.*



This trail network will take you throughout Somerset County -where else can you find trails that take you past a record setting magnolia tree, or take a trip on a 300 year old ferry barge route, or pedal through a quaint small



town straight from a postcard of by-gone days, or cruise through the former Strawberry Capitol of the World to the Seafood Capitol of the World and wind up on a boat sailing to Smith Island, Home of Maryland's Official



State Desert, the decadent Smith Island Cake. You can hike through wooded trails or around our inviting towns and hamlets; Why not bring your clubs and take a roughly 5 ½ mile stroll around one of the finest golf courses the state



has to offer? Bring your canoe or kayak and paddle around beautiful rivers and streams that will bring you as close as you can get to the splendor that is the Chesapeake Bay. And all the while you're getting active and feeling good!



*SO-Journey to Somerset, get some Trail Mix and see for yourself-Somerset's Original Trail Mix
Packed with Trails, Streams and Breathtaking Scenes*

BIKING TRAILS

-  Old Town
-  Orange-Blossoms Blooming
-  413 Rail To Trail
-  Bridges Trail
-  Crustacean Causeway

WATER TRAILS

Wicomico River from Mount Vernon Harbor
 Monie Bay Water Trails in Dames Quarter
 Tangier Sound & Marshes, Deal Island
 Tangier Sound & Marshes, Wenona
 St. Peter's Creek & Manokin River, Champ
 Manokin River from Raccoon Point
 Manokin River & Marshes, Rumbley
 Coulbourne Creek Boat Ramp
 Accohannock Water Trail, Marion
 Pocomoke River from Rehobeth Boat Ramp
 Pocomoke River from Shelltown Boat Ramp
 Janes Island State Park has a whole system
 Little Annemessex River Small Boat Harbor Crisfield
 Jenkins Creek Paddle, Crisfield
 Whitty's Ditch, Crisfield
 Smith Island has a whole system



WALKING

Indoor Gym at Old Washington High School
 (County Office Complex)
 Crisfield and Rinces Anne town loops 1/2 mile trail at
 Centralized Facility
 Great Hope Golf Course
 Washington & Crisfield High School Track
 Garland Hayward Youth Center/Princess Anne
 Mt. Vernon Loop from County Park
 Janes Island Walking Trails